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## **ABSTRACT**

A method and apparatus for recording digital video and/or audio signals include input audio and video interfaces, a memory, a video frame selector, and output audio and video interfaces. In an alternate embodiment, the method and apparatus include input audio and video interfaces, a first memory, a second memory for playback, and output audio and video interfaces. Another embodiment further includes a memory optimizer for maximizing a chosen criterion such as audio duration, image capture frequency or pixel resolution.